

SPA

DELLA CALZA

THE SPA & ITS WELLNESS PATHS



WELCO
DELLA



COME TO
CALZA

THE ESSENCE



OF CONVITTO

In the heart of a Florentine convent, every step
echoes among ancient stones and frescoes that
tell stories of centuries past.

Here, silence gently touches the soul, and the
past inspires an inner rebirth.

Wellness becomes a sacred experience: slow,
essential, and profound. Every gesture celebrates
authentic beauty.

WELLNESS
PATH
ACCESS



FIND YOUR RHYTHM AGAIN

THE PATH

Our wellness path is designed for those who wish to reconnect with their inner rhythm. An exclusive journey for those seeking time for themselves—care, presence, and quiet. Here, time isn't lost—it is found again.

The wellness path includes: *Finnish Sauna, Vitarium, Steam Bath, Snow Room, Leg Comfort, Experience Shower with tropical aromas (Mountain Waterfall), a 33°C pool with hydromassage jets, relaxation areas with comfortable loungers, and a herbal tea corner.*

Available daily from 10am to 8pm.

€49 Monday to Friday

€60 Saturday, Sunday, and public holidays.

THE MA

MESSAGES

MASSAGGIO A CORTE

Myofascial / Body
50 min; 110€ single / 200€ couple



A blend of gold, amber, and rose gently caresses the body, creating a soft and enveloping sensation. A moment of true wellbeing designed to release tension, improve mobility, and ease muscular discomfort.

VERDE INCANTO

Deep Tissue / Muscle-Relief Body Massage
50 min; 110€



An advanced technique designed for those seeking targeted relief from muscular tension. It works on the deepest layers of connective tissue and is accompanied by the aromatic notes of basil and rosemary.

ESSENZA TOSCANA

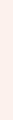
Relaxing Body Massage
50 min · €95 single / €180 couple



A warm stream of oil scented with sparkling red fruits envelops the body like liquid silk, while the touch follows the body's inner rhythm.

L'ARMONIA DEL LEGNO

Colombian Wood Massage
50 Min; 120€



A massage suitable for treating different areas of the body, creating an intensive draining and reshaping effect. It is recommended to focus on two body areas, depending on specific needs and the therapist's guidance.

LIBERAMENTE

Head, Hands & Feet
50 min; 95€



This pure wellbeing massage is designed to release tension accumulated in key areas of the body. The experience begins with a foot ritual and a bath of delicately scented water infused with violet flowers and jojoba pearls.

INSOSTENIBILE LEGGEREZZA

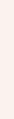
Draining Legs & Abdomen
50 min; 110€



Like a sea breeze on the skin, a fresh gel scented with marine notes accompanies the draining massage, while salt spheres perform a mechanical action that encourages the release of excess fluids.

DORSUM

Back & Neck
25 Min; 65€



A targeted treatment designed to release tension in the back and shoulders, areas that tend to stiffen over time. It restores fluidity and lightness, bringing the spine back to its natural balance.

L'ABBRACCIO DELLA VITA

For Expecting Mothers
50 Min; 100€



Designed for expecting mothers and during the breastfeeding period, this massage relaxes body and mind, rebalancing emotions and promoting calm and serenity.



YOUR BALANCE STARTS HERE

RINASCITA

Facial Lymphatic Drainage
25 min; 60€

A revolutionary method that benefits the skin, sleep quality, swelling, and redness. The techniques follow the lymphatic pathways, promoting tissue oxygenation and improving the appearance of the skin.

Recommended for skin in need of detoxification and for those seeking renewed radiance; particularly suitable for sensitive skin and those prone to couperose.

LA VIA DELLA BELLEZZA

Lifting Facial Massage
50 min; 95€

Every day, the face tells a different story: sometimes dull, sometimes pale, at times veiled by greyish shadows.

This re-oxygenating and plumping massage restores light and vitality, revealing a fresh and radiant complexion.

THE RIT

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FACE RITUALS



AND BODY

EXPERIENCE DEEP REGENERATION

ROSSO DI BACCO

Exfoliating and Antioxidant Treatment
Face & Body 80 min; 180€ single / 340€ couple

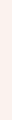


A regenerating ritual based on red wine, grape must, and natural exfoliating gel.

The experience begins with a gentle exfoliation, followed by a wrap rich in antioxidant active ingredients that stimulate microcirculation, leaving the skin luminous and velvety.

RINASCIMENTO

Deep Nourishing and Hydrating Treatment
Face & Body 80 min; 180€ single / 340€ couple



A cloud of powdery notes opens the ritual with a warm, hydrating honey wrap, followed by a cascade of precious oil scented with vanilla and lavender.

Gold and honey merge in a synergy with a deeply soothing touch. The skin awakens silky, radiant, and naturally elegant.

BODY



RITUALS

ERBUCCE TOSCANE

Exfoliation and Nourishment

80 min; 160€



This treatment begins with an exfoliating and regenerating ceremony using volcanic powder, specifically formulated to stimulate microcirculation and promote skin detoxification. It is followed by a caress of melting butter designed to deeply nourish not only the skin, but also the soul.

DOLCE STILNOVO

DRY BRUSHING - Deep Revitalisation

80 Min; 180€



This treatment is a revitalising and sensory experience designed to renew the skin. It is inspired by the benefits of red wine, renowned for its antioxidant and stimulating properties. This body brushing technique is excellent for stimulating the lymphatic system, delivering a draining, toning, and energising effect.

ALCHIMIA DEI SENSI

Deep Relaxation

80 min; 160€ single / 300€ per couple

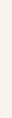


A deeply relaxing and regenerating treatment that combines the effect of warmth with the use of natural essences inspired by the Earth. At the heart of the experience is the pouring of warm drops of oil that flow over the skin, creating a sensory embrace.

COME CULLATI DALL'ACQUA

Hydration and Lightness

80 Min; 160€



This is a long, comprehensive treatment focused on relaxation and hydration, set within an environment that evokes the sea. The body is enveloped in a massage scented with sea salt, while smoothing spheres provide a sensation of lightness and inner freedom.

FACE



RITUALS

VITA NOVA

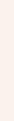
Antioxidant / Regenerating
50 min; 140€



A lifting, hydrating, and regenerating treatment. A warm wrap prepares the skin. A cream rich in hyaluronic acid and resveratrol glides over the skin during a lifting massage. It restores firmness, radiance, and vitality to the skin.

FLORENTIA

Anti-age
50 Min; 140€



A luxury ritual designed to enhance firmness and radiance. A concentrated blend of collagen, jojoba pearls, peptides, and hyaluronic acid, worked into the skin through a Gua Sha massage to deliver firmness and deep radiance.

BELTATE

Plumping / Toning
50 min; 160€



A treatment scented with marine notes, featuring an intensive gel based on hyaluronic acid and collagen. Application is performed using ice globes and jade rollers, delivering a plumping and toning effect.

ELISIR DI GIOVINEZZA

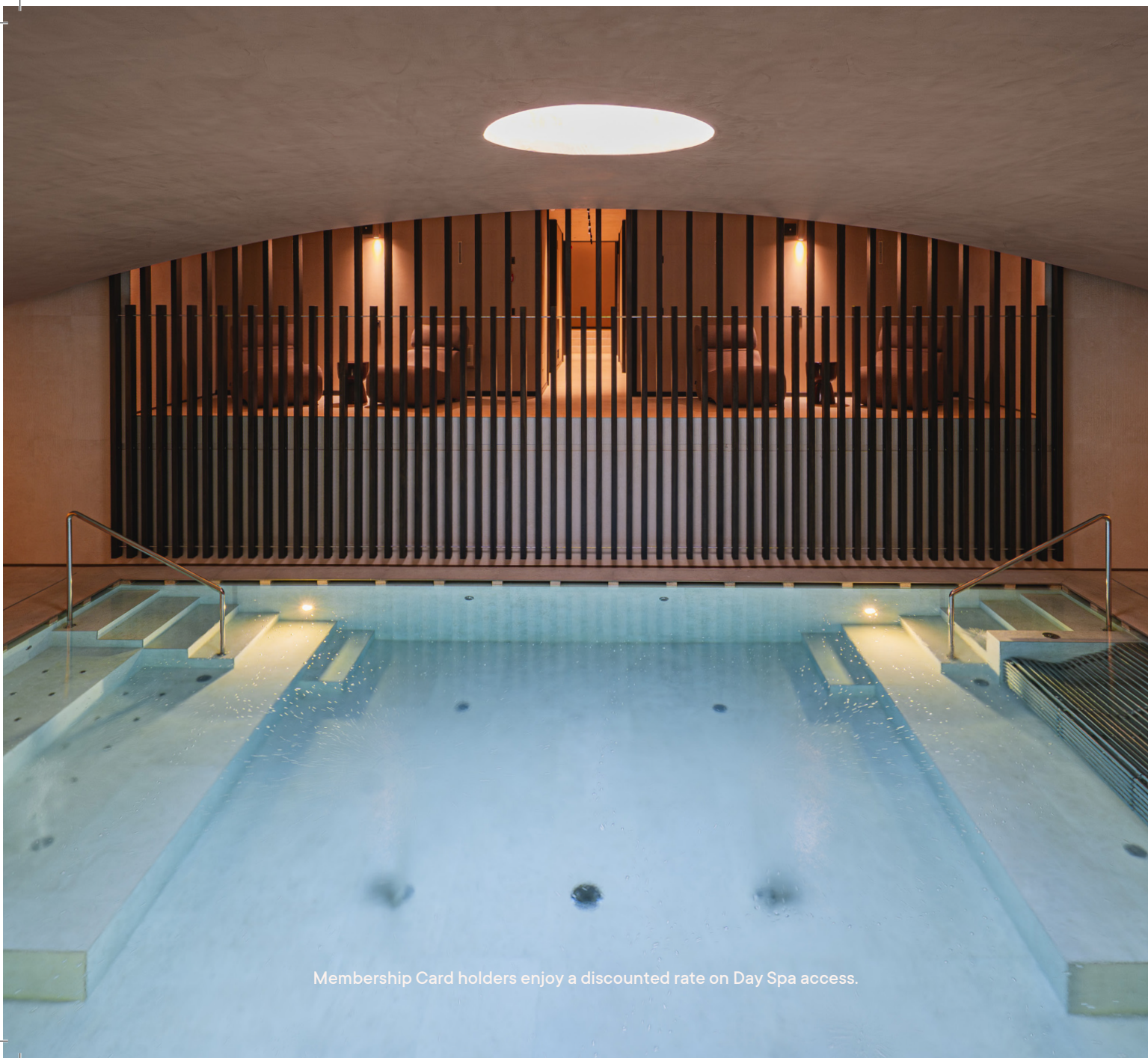
Purifying / Detoxifying
50 Min; 120€



A purifying and smoothing treatment that strengthens the skin barrier while counteracting impurities and discoloration. It includes exfoliation, deep cleansing with an ultrasonic spatula, a protective serum, and a mud mask, enhanced by a relaxing note of lavender.

SPAC
& PACK

ACCESS
KAGES



Membership Card holders enjoy a discounted rate on Day Spa access.

APERITIF DAY SPA

SPA Access + Aperitif at the Bistrot

Includes access to the wellness path, SPA kit, and an aperitif served at our Bistrot (selection from the classic cocktail menu).

€59 Monday to Friday

€70 Saturday, Sunday, and public holidays.

COUPLE DAY SPA

Access for 2 people + Room Day Use

Includes access to the wellness path, SPA kit, two glasses of sparkling wine, and use of a Superior room until 8:00 pm.

Available daily, subject to availability.

€359 per couple.

DAY SPA & BREAKFAST

SPA Access + Breakfast

Includes sweet and savoury buffet breakfast, access to the wellness path, and SPA kit. Breakfast is served from 8:00 am to 10:00 am; the wellness path opens from 10:00 am.

Available daily

€75 Monday to Friday

€95 Saturday, Sunday, and public holidays.

OUR



PACKAGES

RELAX

2 days

1 Facial Massage · 50 min
LA VIA DELLA BELLEZZA

1 Body & Scalp Massage ·
50 min ESSENZA TOSCANA

2 accesses to the wellness path

315€

4 days

1 Facial Ritual · 50 min
VITA NOVA

1 Body Ritual · 80 min
COME CULLATI DALL'ACQUA

1 Facial Massage · 50 min
LA VIA DELLA BELLEZZA

1 Body Massage · 50 min
ESSENZA TOSCANA

4 accesses to the wellness path

705€

DETOX

2 days

1 Facial Massage · 25 min
RINASCITA

1 Head, Hands & Feet Massage ·
50 min
LIBERAMENTE

2 accesses to the wellness path

275€

4 days

1 Body Ritual · 80 min
ERBUCCE TOSCANE

1 Facial Ritual · 50 min
ELIXIR OF YOUTH

1 Facial Massage · 25 min
RINASCITA

1 Head, Hands & Feet Massage · 50
min
LIBERAMENTE

4 accesses to the wellness path

650€

ENERGY

2 days

1 Facial Massage · 25 min
RINASCITA

1 Body Massage · 50 min
MASSAGGIO A CORTE

2 accesses to the wellness path

305€

4 days

• 1 Body Ritual · 80 min
DOLCE STILNOVO · Dry Brushing

1 Facial Ritual · 50 min
BELTATE

1 Facial Massage · 25 min
RINASCITA

1 Body Massage · 50 min
MASSAGGIO A CORTE

4 accesses to the wellness path

688€

OUR



MEMBERSHIPS

10 ACCESSES

- 10 SPA access passes
- SPA kit
- 1 complimentary access
- 25-minute massage

590€

20 ACCESSES

- 20 SPA access passes
- SPA kit
- 2 complimentary accesses
- 25-minute facial massage
- 25-minute body massage

1180€

Valid for one year from the date of purchase, including weekends and public holidays.

The membership is personal and intended for the exclusive use of the holder.

YOUR PRIVATE SPA

At Della Calza, the SPA can be transformed into an exclusive private space, tailor-made for your event. An afternoon of relaxation with friends, a special celebration, a team-building experience, or an occasion linked to a wedding—together we design a personalised wellness experience, from the SPA path to treatments, down to the smallest details that make your day truly unique. Upon request, it is possible to reserve the entire wellness area, including the pool and multisensory path, and create an event entirely dedicated to you.

MEMBERSHIP CARD

Become an Exclusive Member of Della Calza SPA & Foresteria and treat yourself to the luxury of self-care throughout the year. You may purchase one of our Membership Cards directly at the SPA reception or contact us to receive all the information and choose the solution best suited to you.

SPA ETIQUETTE

Our staff is at your complete disposal, both by phone and at the reception desk, to recommend the treatments best suited to your needs.

To fully enjoy your experience, we kindly suggest arriving at least 15 minutes before your appointment, allowing sufficient time for the preparatory steps prior to your treatment.

Please inform us of any health conditions, allergies, or injuries so that we may take the utmost care and ensure your safety and comfort.

CANCELLATION POLICY:

Cancellation of the service is free of charge if communicated at least 48 hours prior to the scheduled date and time. In this case, the client may reschedule the treatment, subject to SPA availability.

Cancellations made within 48 hours of the appointment do not entitle the client to a refund or rescheduling of the service.

GENERAL INFORMATION

Access to the SPA is permitted to guests aged 14 and over. Children under 18 are welcome only if accompanied by an adult. There is no minimum age for massages; however, an accompanying adult is required in the treatment room. In order to respect scheduled appointments, in case of late arrival the duration of the treatment may be reduced without any adjustment to the price. Finally, as in all spaces dedicated to care and relaxation, we kindly invite you to look after your personal belongings, as we cannot accept responsibility for any loss.

CODE OF CONDUCT

To preserve the atmosphere of peace and discretion that has always characterised these spaces, we kindly ask you to:

- maintain a low and respectful speaking tone
- respect the non-smoking policy throughout all areas
- use swimwear only in designated zones
- limit mobile phone use within the SPA
- refrain from bringing food or beverages unless authorised.

We sincerely thank you for your cooperation and wish you a regenerating experience that renews both body and mind, inspired by the wisdom of an ancient tradition.

SPA
DELLA CALZA

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